

# FUNctional Fitness

## Coming this September!!

Fitness w/FeliciaK offers FUNctional fitness classes created to focus on cardio, toning, core and strength training workouts utilizing multiple muscles and joints to improve endurance, strength, balance and overall fitness.

FWFK is designed to create a fun and motivating fitness environment to help 'YOU' achieve your overall fitness goals.

**Date:** Tuesday & Thursday

**Time:** 6:30 –7:30 pm

**Age:** 18 years and up

**Cost:** \$5 per class

*Free preview class September 2nd and  
class starts September 9th!*

Halifax Community Center  
1023 Halifax Street  
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